



Summer Cookout! July 23, 2014 11:30 am -1:30 pm Baker Park (Near Pool!!!)

July 2014 CORE Recovery Community Center

Mon	Tue	Wed	Thu	Fri
	1 ASEC 9:00-Recovery Discussion-Freedom 10:15 Speechcraft 11:00-Think ing for A Change	2 ASEC 9:00-Recovery Discussion—Friends 10:15-Wellness Program 11:00-Recovery Planning Check in	3 ASEC 9:00-Recovery Discussion—Getting It All Out 10:15—Art 101 11:00- Thinking for A Change	4
7 ASEC 9:00-Recovery Discussion-Getting Needs Met 10:15-General Meeting 11:00-Recovery Book Discussion	8 ASEC 9:00-Recovery Discussion-Getting Through Hard Times 10:15 Speechcraft 11:00-Think ing for A Change	9 ASEC 9:00-Recovery Discussion—Gifts, Not Burdens 10:15-Wellness Program 11:30-Game Day Luncheon	10 ASEC 9:00-Recovery Discussion—Going With the Flow 10:15—Art 101 11:00- Thinking for A Change	11
14 ASEC 9:00-Recovery Discussion-Good Feelings 10:15-Wellness Toolbox 11:00-Recovery Book Discussion	15 ASEC 9:00 Recovery Discussion-Our Good Points 10:15 Speechcraft 11:00 Thinking for A Change	16 ASEC 9:00-Recovery Discussion-Gossip 10:15-Wellness Program 11:30-Recovery Planning Check in	17 ASEC 9:00-Recovery Discussion- Gratitude 10:15—Art 101 11:00-Think ing for A Change	18
21 ASEC 9:00-Recovery Discussion-Grief and Action 10:15-General Meeting 11:00-Recovery Book Discussion	22 ASEC 9:00 Recovery Discussion-Growth 10:15 Speechcraft 11:00 Thinking for A Change	23 ASEC 9:00-Recovery Discussion—Achieving Harmony 10:15-Wellness Program 11:30-Summer Cookout (Baker Park-Near Pool)	24 ASEC 9:00-Recovery Discussion-Healing Thoughts 10:15-Art 101 11:00-Think ing for A Change	25
28 ASEC 9:00-Recovery Discussion- Feelings-Healthy Limits 10:15-Wellness Toolbox 11:00-Rescovery Book Discussion	29 ASEC 9:00 Recovery Discussion-Healthy Tolerance 10:15 Speechcraft 11:00 Thinking for A Change	30 ASEC 9:00-Recovery Discussion—Asking for Help 10:15-Wellness Program 11:00- Recovery Planning Check in	31 ASEC 9:00-Recovery Discussion-Higher Power as a Source 10:15-Art 101 11:00-Thinking for A Change	30



Recovery Center Activites Descriptions

Art 101- A recovery-based art course that introduces art basics and that is designed for all to enjoy. Uncover the Picasso in you!

Recovery Book Discussion-Jump in each week for a dynamic book discussion on recovery. Materials will be made available at the center.

General Meeting-This meeting is open to all recovery community center participants and volunteers to learn about upcoming activities and ways to get more involved at the center.

Recovery Discussions-Participate in peer led discussion groups about relevant recovery issues to help you deal with everyday life.

Recovery Planning 101- Develop your step by step plan for your recovery in a group setting.

Recovery Planning Check in- Bring in your recovery plan and work in a group setting to assist each other with ongoing recovery goals.

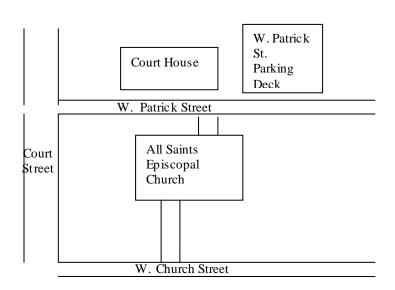
Speecher aft- Are you afraid to speak in front of large groups? Well this class is for you! Learn how to get rid of those butterflies and to effectively share your personal recovery story.

Thinking for A Change-Learn how to think differently to restructure your social and problem solving skills that will make a positive difference in your life.

Wellness Program - This program will educate you on relevant health issues while you earn healthy bucks to purchase toiletries and other personal items.

Organizing My Wellness Tool box-Learn how to build and organize your personal recovery wellness toolbox.

Map (All Saints Episcopal Church)



Sober Fun Activities This Summer

Did you know that on the 2nd and 4th Wednesdays, CORE has fun social activities for all to enjoy? Check out the calendar each month for these activities. Ask a CORE staff member how to sign up for Telephone Recovery Support or get your own personal Recovery Coach to assist you on your recovery journey.

ASEC- All Saints Episcopal Church 106 W. Church Street, Frederick, MD 21701 Monday-Thursday Hours-9:00 a.m.-12:00 p.m.

HCC-Hillcrest Community Center, 1150 Orchard Terrace Frederick, MD 21703 Tuesday Hours-7:00 p.m.-8:30 p.m. (Español)

For more information please feel free to contact any of the staff below:

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